

Scaphoid fracture – conservative

Information for patients

The scaphoid is one of eight small bones (called the carpal bones) of the wrist. It is found at the base of the hand, on the same side as the thumb. A scaphoid fracture is a break in this bone. A break is the same as a fracture.

Casting / splinting

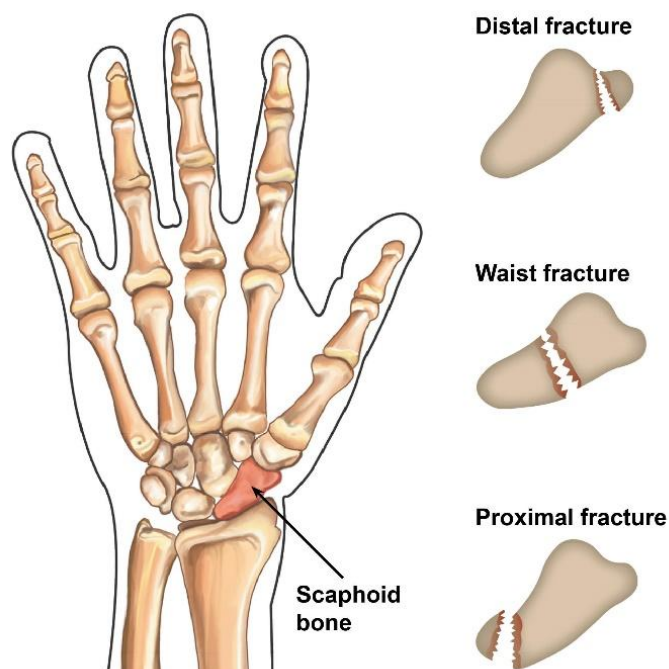
Usually for six weeks but sometimes can be more.

Healing times

Approximately six weeks for your bone to heal and another six weeks for the bone to become almost as strong as it was before. More complex injuries can take longer to heal and it can take up to 12 months for normal hand use to return.

Hand use (see additional handout for examples of activities)

- Week 1 to 6 after injury – light activities only with cast on and **AVOID** using the injured wrist
- Week 6 to 10 after injury – once cast removed, light to medium activities. Gradual return to wrist loading.
- Week 10 to 12 after injury – medium to heavy activities.
- Week 12 to 14 after injury – contact sports.



Common complications

- **Stiffness:** is normal once the cast is removed and can last up to 1 year
- **Numbness and pins and needles in fingers:** temporary or intermittent symptoms are normal during casting and initially once the cast is removed. These symptoms should resolve within a few weeks after cast removal – the exercises below and general hand use should help with resolving symptoms. Please flag this to your hand therapist if this does not resolve.

Hand therapy advice

Pain

- Use over the counter painkillers regularly at the lowest dose e.g paracetamol
- Heat: warm water hand baths/hot water bottle. Heat relaxes muscles, relieves muscle and joint stiffness and achiness. Considering warming up joints before activity, making exercising easier.

Swelling

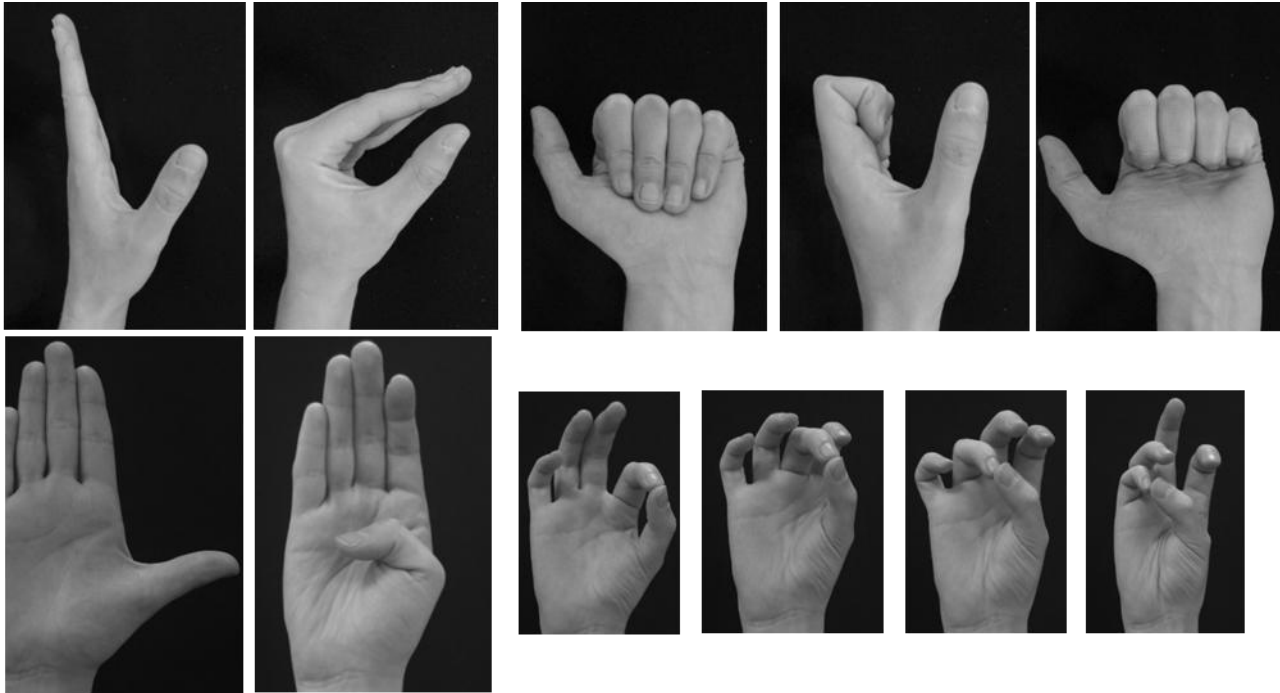
- Elevation, compression and movement.

Splint

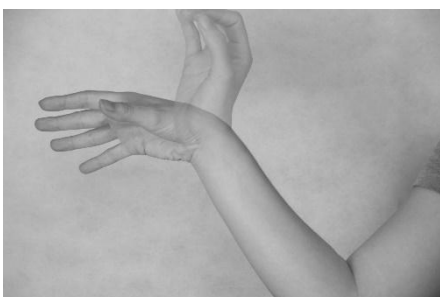
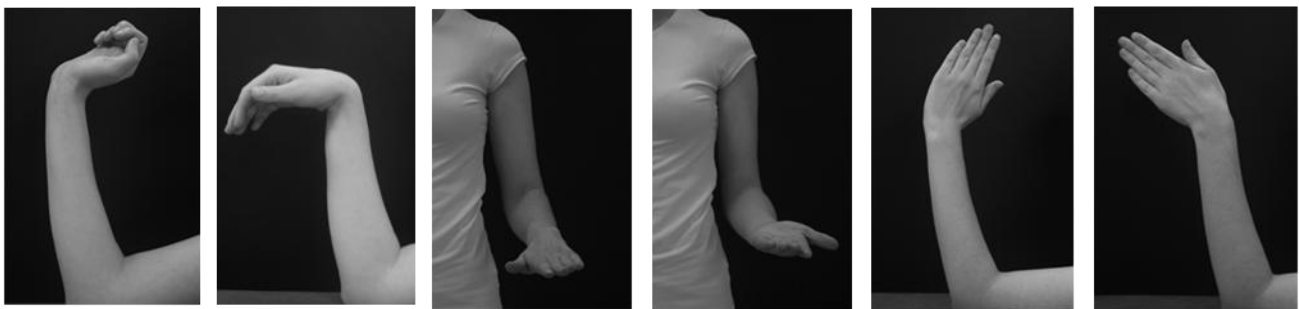
- Wrist support – worn intermittently up to 4 to 8 weeks once the cast has been removed for heavier tasks, periods of rest, not to be worn full time.

Home exercise program guidelines

Until the cast is removed – **10 repetitions, 4 to 5 times a day** – as guided by your hand therapist.



Once the cast is removed – as guided by your hand therapist.



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Tel: **020 3299 4618**

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